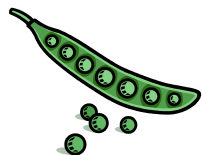


## November 2015 Peas and Carrots

Provided by the Indiana FSSA's Division of Aging

“Autumn is a second Spring, when every leaf is a flower.”

Albert Camus



### November Special Days (Who Knew?)

**November 11th: Veterans Day** - is an annual holiday honoring American military veterans. It is observed on November 11 every year. Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans.

**November 14th:** National Clean Out Your Refrigerator Day

**November 18th: Mickey Mouse Birthday** - Mickey Mouse is a funny animal cartoon character and the official mascot of The Walt Disney Company. He was created by Walt Disney and Ub Iwerks at the Walt Disney Studios in 1928. An anthropomorphic mouse who typically wears red shorts, large yellow shoes, and white gloves, Mickey has become one of the most recognizable cartoon characters in the world.

**November 26: Thanksgiving Day** - Thanksgiving Day is a national holiday celebrated primarily in the United States and Canada as a day of giving thanks for the blessing of the harvest and of the preceding year. It is celebrated on the fourth Thursday of November in the United States, on the second Monday of October in Canada. Thanksgiving has its historical roots in religious and cultural traditions.

### NOVEMBER CELEBRATION

M I F L R R Z G M X A G S P P  
I L V L O P E K X D V R N U I  
C V Q A T I C B N Q E X M E G  
K G E B A R G V M H L P T N C  
E E X T R K L S T E K Z I H T  
Y D T O E Y Y A C I V V J X F  
M K N O G R E S N F I O H J S  
O P G F I F A P Q G S O N U V  
U W A Q R X I N S F Q B A Y J  
S O U G F E C K S T I K P O B  
E X W M E N N F J D I I D W B  
N H J B R A I Z I G A S Z A C  
Q F K C H L R X H D V Y R K Q  
C D Q T B L A C K F R I D A Y  
S N O I T C E L E T U R K E Y

BLACK FRIDAY  
FOOTBALL  
NOVEMBER  
TURKEY  
ELECTIONS  
GETTYSBURG ADDRESS  
PUMPKIN PIE  
VETERANS DAY  
FEATHERS  
MICKEY MOUSE  
REFRIGERATOR  
THANKSGIVING

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**Division of  
Aging**

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1-888-673-0002,  
or visit us online:  
[www.in.gov/fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

“National Family Caregivers Month, is a time to reflect on the compassion and dedication that family caregivers embody everyday. As we offer our appreciation and admiration for their difficult work, let us also extend our own offers of support to them and their love ones”

President Obama



**Here are seven great ways to express your thanks and gratitude to the caregivers in your family:**

1. Tell them in words. We might think that of course family caregivers know we appreciate what they do. Yet these caring individuals often report feeling isolated and undervalued. They can't read our minds! Take time for a conversation or to write a letter expressing your appreciation of the important role they play. This can sometimes be emotionally challenging if we feel a sense of guilt that we aren't doing as much for our loved one as we would like, or think we should. Do it anyway! But don't stop with words.
2. Listen. Caregiving can create a sense of isolation. Ask how the caregiver is doing. Check in regularly. Create a safe space for the caregiver to express their thoughts about their role and their concern for the person receiving care. Caregiving is a mixed bag, with joys and frustrations. Maybe you are a person with whom the caregiver feels safe expressing some of those mixed emotions.
3. Ask how you can help. Most caregivers have a wish list when it comes to balancing their caregiving duties with their work, family and personal responsibilities—but it can be hard for them to ask for help. The need for respite is usually high on the list. If you live nearby, offer to take a regular shift with your loved one. If you live at a distance, visit more often. If your loved one can travel, arrange for visits at your place.
4. Enlist everyone. A holiday visit when the whole family is together can be a good time to have a family meeting. Encourage the caregiver to share information about your loved one's needs. Brainstorm solutions to spread out the caregiving load. If possible, have the person who is receiving care at the meeting as well. Remember that the primary caregiver has the most information—don't be one of those long-distance caregivers who swoops in and criticizes!
5. Bring in a professional. If the family conversation isn't going well, or family members are stumped about what to do, it's worth it to bring in outside help. A counselor can facilitate the discussion. Geriatric care managers also can help family discussions be more productive, and they can perform an assessment of an elder's needs and make recommendations.
6. Arrange for support services. If family members have the time and ability to help out with care tasks, home maintenance, transportation, yard work and whatever else needs doing, set up a schedule. If family can't do it all, help the caregiver locate professional services such as housekeeping, yard care and meal delivery. Arrange for home modifications, such as an accessible bathroom and wheelchair ramp if needed.
7. Hire in-home care. Arranging for home care services can be the very best way to lighten the caregiver's workload and stress level, while providing peace of mind for everyone in the family. Families who share the cost of these services often find that in-home care is an affordable solution—even an economic advantage if it allows caregivers to continue in their own careers. In-home caregivers provide personal care and grooming, companionship, housekeeping and laundry, nutrition support, medication reminders and many other practical tasks. The last thing your caregiver relative needs is to take on an HR role, so look for a reputable agency that handles hiring, background checks, training, taxes, liability insurance and other employer duties. - See more at: <http://www.caringnews.com/pub.59/issue.605/article.2552/#sthash.GDAusvIw.dpuf>